CHOICE+ Mealtime Practices Checklist

Think about the past few mealtimes where you were supporting residents in the dining room. Check off (✓) how often you used these relationship-centred practices: *Most of the time, Sometimes,* or *Rarely*. After you have completed this checklist, think about how you can improve mealtimes for residents by using these practices more often. Discuss your ideas with your teammates and come up with a plan together.

CONNECTING

During mealtimes on my neighbourhood…	***Most of the time***	***Sometimes***	***Rarely***
I make sure that residents are happy where they sit and who they sit with.			
I sit with residents at the table to visit or socialize.			
I chat socially with all residents, including those who communicate without words.			
I make eye contact, smile, and use gentle touch with residents who communicate without words.			
I encourage residents to stay for as long as they want in the dining room (e.g., stay for a cup of tea or to chat).			

HONOURING DIGNITY

During mealtimes on my neighbourhood…	***Most of the time***	***Sometimes***	***Rarely***
I use resident's names or preferred nickname when I address them.			
I ask residents if they want a clothing protector before I assist them with putting one on.			
I ask residents how I can assist them. For residents who do not communicate with words, I let them know what I am going to do before I assist them.			
I use a napkin or warm cloth to wipe residents' mouths when helping them to eat.			
I ask residents whether they are finished eating before clearing their place.			

Adapted from the Mealtime Scan for Long Term Care, Keller & Chaudhury, 2014.
This resource was supported with funding from the University of Waterloo and the Government of Ontario to the Ontario Centre for Learning, Research, and Innovation in Long-Term Care hosted at the Schlegel-UW Research Institute for Aging. The views expressed herein do not necessarily reflect the views of the province.
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OFFERING SUPPORT

During mealtimes on my neighbourhood…	*Most of the time*	*Sometimes*	*Rarely*
I assist residents who need help as soon as food arrives to their table.			
I use safe practices when assisting residents (e.g., sitting down to assist with eating, resident is in a safe eating position, reasonable amount of food on a teaspoon, relaxed pace).			
I provide 1-on-1 eating assistance wherever possible, but at most, I assist 2 residents at a time.			
I let residents know what they are eating as I assist them.			
I provide continuous eating assistance until a resident is finished eating.			
I watch for nonverbal cues to determine if a resident does not like something or is finished, and I respect their wishes.			

IDENTITY

During mealtimes on my neighbourhood…	*Most of the time*	*Sometimes*	*Rarely*
I ask residents their preference for: beverages, first course, main course, and dessert.			
If a resident doesn't want what is on the menu, I try to find something they do want.			
I know residents' mealtime traditions and respect them (e.g., support them in adding their favourite seasonings).			
I find solutions when a resident doesn't want to sit at their usual table to eat.			

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CREATING OPPORTUNITIES

During mealtimes on my neighbourhood…	*Most of the time*	*Sometimes*	*Rarely*
I encourage residents to help out with mealtime activities (e.g., table setting).			
I don't rush residents to finish eating, regardless of how long it may take them.			
I support residents to eat on their own through verbal or physical prompts (e.g., assistive eating utensils, hand-over-hand support, visual prompts).			
I assist in planning theme nights or other fun activities to engage residents at mealtimes.			

ENJOYMENT

During mealtimes on my neighbourhood…	*Most of the time*	*Sometimes*	*Rarely*
I make sure that mealtimes are focused on eating and not other activities (e.g., medications are delivered before the meal).			
I make sure the dining room looks pleasant and is clutter-free (e.g., dish cart not visible).			
I keep noises at a minimum (e.g., stacking or scraping dishes, grinding of medications).			
I make sure that residents receive their food in a timely manner.			
I don't call out to other team members from across the dining room.			
I make sure that I only play music that the residents will enjoy.			
I try to minimize distracting noises (e.g., TV is turned off if no resident has requested it be on).			
I make sure each resident is seated before serving his/her food and beverages.			

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